

### **Background of the study:**

Diabetes Mellitus is often associated with a number of medical complications as a result of the metabolic changes taking place systemically. There is considerable evidence it is also associated with oral health complications including gingivitis, periodontitis, xerostomia, oral candidiasis, dental caries, ulcers lichen planus, burning mouth syndrome and an altered taste sensation .

### **Aim:**

To study various types of oral health complications in Type 2 diabetes mellitus patient visiting a dental college in Kanyakumari District.

### **Materials & Methods:**

A comparative cross-sectional study to determine the common oral complications prevalent in diabetics and non-diabetics was carried out in the outpatient department and the study sample consisted of 127 diabetic patients and 127 non diabetic patients. The oral health status was assessed clinically for each patient and recorded. The data was analysed by Statistical Package for Social Sciences (SPSS 16.0). Chi square test was applied to find the statistical significance between the groups.

### **Results:**

The most frequent manifestation observed in diabetic patient was periodontitis followed by oral candidiasis, oral burning sensation, altered taste and hyposalivation. Most common mucosal disorders observed is geographic tongue followed by hyperpigmentation. The result correlated well with other studies.

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**Conclusion:**

It is concluded that the oral cavity exhibits the first sign of an undiagnosed or uncontrolled diabetes, hence oral health care providers must be well aware of signs and symptoms to refer such to a physician for further investigation as well as manage and treat the oral health complications.

**Keywords:** Diabetes Mellitus, Type II, Hyperglycemia, Oral Health complications.